



**Grant County Health Department**  
**111 South Jefferson Street Floor 2**  
**Lancaster, Wisconsin 53813-1672**  
**www.co.grant.wi.gov**  
**(608) 723-6416**

**Volume XX Issue IX**

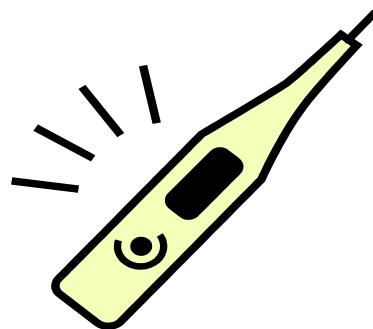
**COMMUNITY EDITION**

**September 2014**

# When Should I Keep My Child Home From School Because of Illness?

As general guidelines, keep your child home if:

- He/she has a fever- temperature above 100.4 Fahrenheit
- He/she is not well enough to participate in class
- You think she may be contagious to other children



Specific reasons to keep your child home:

**Vomiting/Diarrhea** - A child with vomiting and/or diarrhea needs to stay home from school. Your child can return to school when the symptoms have stopped and the child can tolerate a regular diet.

**Rash** - A rash with symptoms such as trouble breathing or swallowing, fever, or ill appearance, should be evaluated by your physician.

**Sore throat** - Children can attend school with mild sore throats if no other symptoms are occurring. Any child with a sore throat associated with fever, vomiting, abdominal pain, or difficulty swallowing should be seen by a doctor. A child with strep throat needs to stay out of school until on antibiotics for 24 hours.

**Cough** - Cough alone may not prevent your child from attending school unless it is interfering with a child's sleep or ability to participate in school activities.

**Pinkeye** - For pinkeye caused by bacteria, children should stay home from school for the first 24 hours after treatment begins. Symptoms of pinkeye include eye redness, irritation, swelling, and drainage.

**Head lice** - Until after the treatment has been completed and the child has changed into clean clothes.

*The mission of the Grant County Health Department is to promote the health and wellness of ALL residents of Grant County.*

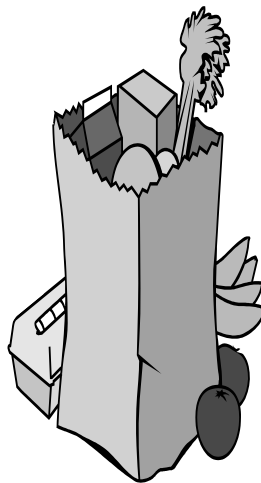
## Websites

- ▶ Visit the Grant County website at [www.co.grant.wi.gov](http://www.co.grant.wi.gov) for more information on Grant County services.
- ▶ Visit the Wisconsin Immunization Registry (WIR) website [www.dhfs.wisconsin.gov](http://www.dhfs.wisconsin.gov) for information on your immunizations.
- ▶ Visit [www.grantcountyhospice.com](http://www.grantcountyhospice.com) for information on the Hospice Program.
- ▶ Visit [www.safegrantcounty.org](http://www.safegrantcounty.org) for information on the S.A.F.E. Grant County Coalition.

## Meal Planning Basics

By taking some time to plan your meals, you can save money and make your meals more nutritious. Here are the basics to meal planning:

- **Make a grocery list.** Organize your list according to the store layout and stick to it.
- **Check what you have.** Look through your refrigerator, freezer and cupboards and take note of what needs to be used up, and fill in your menu plan using these items first.
- **Serve what your family likes.** Make a collection of low-cost, nutritious recipes that your family likes and serve them often. Include foods from all five food groups—dairy, fruits, vegetables, grains and protein foods.
- **Consider your schedule.** Have a list of meals that can be prepared and served in a limited amount of time for busy nights and meals that take longer for laid back nights at home.
- **Check local ads.** If there are good deals, purchase those foods and plan meals around the sale items.



For a worksheet to help plan your meals go to [www.extension.iastate.edu/foodsavings/](http://www.extension.iastate.edu/foodsavings/)

Source: [Iowa State Extension](http://www.extension.iastate.edu)

For more information on eating healthy at home, visit [www.choosemyplate.gov](http://www.choosemyplate.gov) or <http://fyi.uwex.edu/foodsense/> or contact the Grant County UW-Extension Office.

**UW**  
**Extension**

## WIC & Health Check Clinics

*(Immunizations given at all these clinics)*

**Oct 2nd**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

**Oct 8th**—Fennimore United Methodist Church from 9:00am to 3:30pm

**Oct 14th**—Boscobel United Methodist Church from 9:30am to 3:30pm

**Oct 15th**—Late Boscobel Tuffley Center from 2:00pm to 7:00pm

**Oct 16th**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

**Oct 21st**—Cuba City St Rose—Mazzuchelli Hall from 9:30am to 3:30pm

**Oct 22nd**—Bloomington West Grant Rescue Squad Bldg from 9:00am to 3:30pm

**Oct 23rd**—Platteville Lutheran Church of Peace from 9:00am to 3:30pm

**Oct 28th**—Lancaster Youth & Ag Bldg from 9:00am to 3:30pm

## Immunization Clinics

**Oct 6th**—Platteville United Methodist Church from 5:00pm to 6:00pm

**Oct 7th**—Fennimore St Peters Lutheran Church from 5:00pm to 5:30pm

**Oct 8th**—Cuba City—City Hall from 5:00pm to 5:30pm

**Oct 8th**—Dickeyville Fire Station from 6:00pm to 6:30pm

## Backpack Tips for Parents and Students

Aching backs and shoulders? Tingling arms? Weakened muscles? Stooped posture? Does your child have these symptoms after wearing a heavy school backpack? Carrying too much weight in a pack or wearing it the wrong way can lead to pain and strain. Below are some tips for using a backpack.

### Loading a Pack

A child's backpack should weigh no more than about 10% of his or her body weight. This means a student weighing 80 pounds shouldn't wear a loaded school backpack heavier than about 8 pounds.

Load heaviest items closest to the child's back (the back of the pack).

Check what your child carries to school and brings home



If the backpack is too heavy on a regular basis, consider using a book bag on wheels if your child's school allows it.

### Wearing a Pack

- Distribute weight evenly by using both straps.
- Select a pack with well-padded shoulder straps.
- Adjust the shoulder straps so that the pack fits snugly on the child's back.
- The bottom of the pack should rest in the curve of the lower back. It should never rest more than four inches below the child's waistline.

Source: American Occupational Therapy Association

For more information see their website at: [www.aota.org/Conference-Events/Backpack-Safety-Awareness-Day.aspx](http://www.aota.org/Conference-Events/Backpack-Safety-Awareness-Day.aspx)

## You are invited to a Parent Café

Parent Cafés give you a chance to:

- \*Share ideas
- \*Learn about community resources
- \*Share your hopes and dreams for your family

**Wednesday, October 8 from 6:00pm to 7:00pm**  
at

**Community Evangelical Free Church - 300 Pioneer Road East, Platteville, WI**

*Free dinner & child care provided for the evening!*

**Pre-Registration Required by SEPTEMBER 30, 2014** Call Family Connections  
at 608-348-2846 *Space is Limited, Register Early*

**Hosted by:** CESA 3  
Head Start

Coordinated Services Team Family Connections of SW WI  
Family Connections of SW WI

# Alcohol during pregnancy

- There is no safe time, safe amount or safe kind of alcohol to drink during pregnancy.
- Any alcohol that a pregnant woman drinks is passed along to her baby.
- Alcohol use during pregnancy is the leading preventable cause of birth defects.

If you're pregnant or even thinking about getting pregnant, stop drinking alcohol. Alcohol includes wine, wine coolers, beer and liquor.

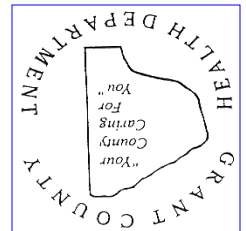
Alcohol use during pregnancy can cause a baby to:

- Have birth defects
- Be born too soon( preterm)
- Have learning and behavior problems
- Have speech and language delays



You may know some women who drank regularly during pregnancy and had seemingly healthy babies. You may know some women who had very little alcohol during pregnancy and had babies with serious health conditions. Every pregnancy is different. Drinking alcohol may hurt one baby more than another. The best way to ensure a healthy baby is to stay away from alcohol altogether.

*Source: March of Dimes*



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